Human rights are essential preconditions for health. Globally, Women's Health is promoted fundamentally and substantially by the protection of Women's Rights, especially when working in an environment with differing religious and social values.

The concept of Women's Health refers not only to the classical health issues of female reproductive organs, or to specific female reproductive health issues (such as birth control, abortion, pregnancy, childbirth and lactation, fertility issues and postmenopausal health), it includes also female sexual functioning and gender specific aspects of sexual transmitted diseases, eating disorders, violence, sexual abuse and genital mutilation, as well as gender specific manifestations of common diseases like osteoporosis, diabetes, heart disease and stroke.

The Charter of the United Nations explicitly mentions the principle of equal rights of men and women. The United Nations' 4th World Conference on Women (Beijing, 1995) stated that human rights include, also for women, the right to full access to health care services, health care information and education, in addition to the right to body integrity and self determination in health issues, including birth control and family planning.

Human rights are thoroughly defined by a large variety of international treaties (that are legally binding upon parties), and by declarations and resolutions (that carry only moral force). This provides a firm basis for action. As one of the human rights is the right to the highest attainable standard of physical and mental health, women's health care issues can well be addressed globally within a gender sensitive human rights framework.

Not the healthcare providers, the doctors, but the healthcare client, the woman, should be central in this approach. Worldwide, women must be empowered, via modern communication techniques, to claim and execute their rights, and formulate their needs.